Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran
Forecast valid from 06:00 on Friday 19 May 2023 until 23:59 on Saturday 20 May 2023

Forecast Issued on Friday 19 May 2023 at 02:22 by Met Office Aberdeen

Confidence: Quite settled conditions with high pressure building from the south however trailing fronts from Icelandic lows continue to cross the country bringing periods of mainly light rain and low cloud. Lower confidence in cloud amounts and periods of rainfall.

Headline for Friday 19 May 2023: Bright spells, mainly dry and light winds, cloudier later.

Mountain weather hazards on Friday 19 May 2023

Blizzards Low Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** Low Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** Low Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny intervals	Sunny intervals	Sunny intervals	Sunny intervals	Cloudy
Precipitation probability					
<05%	<05%	10%	10%	10%	10%

Forecast for Friday 19 May 2023

Weather: Overnight mist soon lifting this morning, then mainly dry with bright or sunny spells throughout the day. Feeling quite warm in the sunshine at times. Cloud will thicken from the west later today and a little rain is expected for far western ranges by late evening.

Chance of cloud-free hill tops above 800m: 70%, early low cloud may affect western ranges, lifting this morning, reforming later in the evening.

Low Cloud and visibility: In the north around the hills of Lochaber and Ardnamurchan there will be broken or scattered low cloud above 500m this morning, this will lift and clear with all summits expected to be clear for much of the afternoon. Visibility will be very good but perhaps turning hazy later in the west as high cloud forms. Lower cloud will affect western ranges again by mid evening with summits shrouded down to 600m near the west coast.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 19 May 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	21/25 SW	11/15 W	12/16 SW	10/15 W	8/12 W	7/9 SW	7/9 SW
900	13/17 W	9/13 W	10/14 W	9/13 W	8/12 W	7/9 SW	6/9 S
600	14/18 SW	9/13 SW	11/15 SW	11/15 W	10/14 W	8/11 SW	8/10 SW
300	7/9 SW	5/8 SW	7/12 W	8/12 W	6/10 W	3/5 SW	4/6 SW
Glen	4/8 SW	5/8 SW	7/12 SW	7/13 W	9/15 W	6/11 W	3/6 SW

Height (m)	Temperature / Feels Like (°C)						
1300	1/-6	2/-2	3/-2	4/1	4/1	4/1	5/2
900	4/-0	5/2	7/4	9/6	7/5	7/5	7/5
600	6/2	7/4	9/6	10/8	9/7	8/6	8/6
300	8/6	9/8	12/10	13/11	12/11	10/10	10/10
Glen	11/10	11/11	14/13	16/14	14/12	11/10	11/11
Freezing Level*	1400m	1600m	1700m	1800m	1900m	2100m	2300m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Still quite chilly at height early in the morning with a chill effect in the strong westerly winds and misty conditions however turning quite pleasantly warm during the day at low levels.

Forecast for Saturday 20 May 2023
Weather: Cloudy overnight with some patchy light rain, perhaps turning heavier for a brief spell, light rain lingering in some areas, some brighter spells during the day but further drizzly rain affecting Lochaber by late afternoon and moving southeast during the evening.

Maximum wind: Southwesterly 10-15 mph.

Chance of cloud-free hill tops above 800m: 50%, scattered or broken low cloud at the west in association with light rain.

Low Cloud and visibility: Scattered or broken low cloud layers likely around more western coastal hills, perhaps Further inland, towards the Loch Lomond and the Trossachs will see less low cloud. Low cloud will become extensive again later in the evening with layers down to 400m in the west.

Temperature: **Glens:** Plus 8 rising to 14 Celsius.
At 800m: Plus 4 rising to 8 Celsius.
Freezing level: Above all summits.

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